**Rowing Risk Assessment**

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| Location: | Ardleigh Reservoir |
| Assessor: | Jay Hailstone-Collier & DANIELA ESCUDERO AMBROSI |
| Persons at risk: | Participants |

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| Hazard (H)Hazardous Event (HE)Consequence (C) | Pre-Control Risk Rating | Control Measures | Post Control Risk Ratings | Comments |
| L | S | Risk Score |  | L | S | Risk Score |
| Water (H)Falling in the water (HE)(C)drowning | 3 | 7 | 21 | Teaching people how to row and balance a boat safely, to reduce risk of capsize.Members of club must be able to swim at least 50 meters. To be tested at the start of the year in conjunction with the swimming club.Tread water for at least two minutes.Swim under water for at least five metres. | 2 | 7 | 14 | Life vests to only be worn by cox, as the oars can get caught in them.Life vests can be kept in boat, dependent upon experience and preference of individual crew members. |
| Boat (H)Boat dropping on the person (HE)(C) Impact based injury | 2 | 4 | 8 | Members are taught how to correctly lift and lower boats, as well as making sure the correct number of people are on hand for the lifting of boats. | 1 | 4 | 4 |  |
| Oar blade (H)Contact between oar blade and person (HE)Cuts and bruising (C) | 2 | 4 | 8 | Members are taught the correct technique for carrying oars to and from the boats and whilst rowing. | 1 | 4 | 4 |  |
| Water and boat (H)Boat capsizing (HE)Getting caught underneath boat in the water – potential drowning (C) | 3 | 7 | 21 | Teaching people how to row and balance a boat safely, to reduce risk of capsize.Rules for what to do in the event of a capsize are regularly taught to members of the club. Cox wears a life jacket. | 2 | 7 | 14 | **Capsize drill to be completed by all members prior to being taken to water in boat.** |
| Launch (H)Launch Capsizing (HE)Injury, Drowning (C) | 2 | 7 | 14 | All persons to be made aware of where to sit as to not upset the balance of the launch.All persons on the launch are to be provided with a life jacket.  | 1 | 7 | 7 |  |
| Launch (H)Hit by launch when putting it away (HE)Injury (C) | 3 | 7 | 21 | Multiple people will be involved in packing away the launch to prevent excess stress to any individual. There will also be an induction as to how to put launch away for all members involved in moving the launch. | 2 | 7 | 14 |  |
| Boats(H)Contact between boats (HE)Crashes leading to injuries and drowning through capsizing (C) | 3 | 7 | 21 | All coxes’ (steer boat) will be given training by level two coaches at the club. They will start with more experienced crews, in case of incident a member of the crew can take charge. Linked to capsize hazards crews will subsequently know how to react in case of a major crash. With regards to minor crashes boats will row in where they will then be inspected. | 1 | 7 | 7 |  |
| Sun (H)Participants becoming overexposed to sun (HE)Heat stroke (C)  | 3 | 6 | 18 | Members are required to wear appropriate kit (club lycra) to prevent over heating in summer months and encouraged to bring water to sessions.  | 1 | 3 | 3 | Participants advised to wear suncream with SPF factor and avoid long exposure in direct sunlight.  |
| Cold (H)Participants becoming exposed to extreme cold conditions (HE)Hypothermia (C) | 3 | 6 | 18 | During winter months the temperature will be very low. Members are given a list of clothing that should be worn while taking part to stay warm. Anyone not in suitable clothing i.e. not enough layers, will be prohibited from taking part. | 2 | 6 | 12 | Participants encouraged to prevent long periods of time in wet clothes. |
| Exercise (H)Participants engaging in physical activity without warming up (HE)Pulling a muscle (C) | 4 | 4 | 16 | All members of the team will warm up before taking part in session and warm down afterwards. This will include static, dynamic stretching, warm up runs and gradual increases in pressure while rowing. | 2 | 4 | 8 |  |
| Travel (H)Road Accident (HE)Serious Impact caused injuries (C)  | 2 | 6 | 12 | Drivers not to exceed the seating limit. No drivers will consume alcohol prior to driving. Driver to be properly qualified, for example, only driving the minibus after passing the SU test. Vehicle will be checked and suitable for use prior to departure. If during the journey the vehicle becomes unsafe then the driver will contact the SU directly. | 1 | 6 | 6 |  |
| Equipment (H)Trip Hazard (HE)Slips/sprains/strains (C) | 3 | 4 | 12 | Welfare Officer to ensure at the start of training that equipment not being used is out of the way. Any debris is cleared. | 2 | 4 | 8 |  |
| Faulty Equipment (H)Faulty equipment harms participant (HE)Cuts/bruising (C) | 2 | 3 | 6 | Club Committee to ensure necessary equipment checks and servicing has been completed and documented. | 1 | 3 | 3 |  |
| Dehydration (H)Hot temperatures and direct sunlight cause dehydration (HE) Fainting/loss of consciousness (C) | 3 | 5 | 15 | Large quantities of fluid can be lost from the body during strenuous exercise, particularly in hot weather. It is important to ensure regular fluids are consumed. Members are encouraged to bring water bottles to sessions. | 1 | 5 | 5 |  |
| Individual Participant Medical (H)Participant has Medical Emergency (HE)e.g., Asthma Attack (C) | 3 | 5 | 15 | All relevant medical information should be collected from all participantsAny medication/medical aids should be held by participants/coaches at training/competitions. | 2 | 5 | 10 |  |
| Participant Behaviour (H)Poor safety awareness of participants could increase the likelihood of an injury. (HE)Injury as a result of poor safety awareness (C) | 2 | 4 | 8 | All participants are made aware of the importance of taking care of opponents and the latest edition of the rules of the sport. | 1 | 4 | 4 |  |
| Clothing (H)Clothing is not protective or gets caught (HE)Injury caused by clothes being caught or lack of protection/temperature regulation (C)  | 3 | 4 | 12 | All club members are required to wear appropriate clothing/protective equipment as recommended by the clubs NGB.Participants warned of the risks of clothes getting caught in equipment by sessions leads. | 2 | 4 | 8 |  |
| H – PassengersHE – Too many people in the car/ no seatbeltsC- Accident/fine | 3 | 7 | 21 | Make sure that the car is not overcrowded with passengersEnsure that everyone has their seatbelt on before starting the journey. | 1 | 7 | 7 |  |
| H – DriverHE- Driver’s license not up to dateC- Accident/Fine | 3 | 6 | 18 | The club/SU Activities Team ensures that the driver has a valid licence(+ car insurance) | 1 | 6 | 6 |  |

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| **The person signing this assessment must check the information above to ensure it is relevant to this operation on this site. Additionally, any additional controls measures deemed necessary must be included.** |
| **Signed Author** | Jay Hailstone-Collier & DANIELA ESCUDERO AMBROSI | **Date:** Dec 2022 |
| **Signed Checked By** | D.King | **Date:** 11/01/2023 |

**Action Plan**

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| **Hazard No.** | **Details of Action to be Taken** | **Action by who** | **Target Date** | **Completion Date** | **Signature** |
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